



### *about* MONEY SAVING MEALS...

*These are recipes specially prepared with cost in mind, but no-one would guess there was even a hint of economy in these interesting and satisfying dishes.*

*Ellen Sinclair*

*Ellen Sinclair, Food Editor  
Australian Women's Weekly*

*Here are recipes which give the maximum of good, hearty eating for the family, with a minimum of expense.*



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## PLANNING INTERESTING, LOW-COST MEALS

Cooking doesn't seem half the fun when you know you're working on a tight budget — but, particularly when you have a family, it can be a challenge to see how much you can provide in the way of a well-planned, good-tasting meal for a minimum amount of money.

Buy fruit and vegetables in season. If there are a number of shops near you, it is sensible to try them all to compare prices, quality and value.

In cold weather, a hearty nourishing soup — made with meaty beef bones, soup vegetables, barley — can be a meal in itself. Or follow it with hot toasted cheese sandwiches, with pancakes for dessert.

In hot weather, sometimes the meat you buy from the delicatessen — such as corned beef or rolled ham — can be cheaper than meat from the butcher. Everything is already cooked, there's no wastage at all.

Photography by Garry Isaacs



## CHINESE HAMBURGERS



## CHINESE HAMBURGERS

500 g (1 lb.) minced steak  
 1 large onion  
 salt, pepper  
 2 tablespoons tomato sauce  
 1 teaspoon worcestershire  
 sauce

470 g (15 oz.) can pineapple  
 slices  
 4 bread rolls  
 lettuce  
 2 tablespoons oil

Place meat, peeled and finely-chopped onion, tomato sauce, worcestershire sauce, salt and pepper in bowl; mix well. Divide meat into 4 equal portions, form into round patty shapes. Place prepared Chinese Sauce into shallow dish, add patties, spoon sauce over. Allow to stand several hours or overnight in refrigerator.

Heat oil in pan, add meat patties, fry gently on both sides until golden brown and cooked through. Brush frequently with the sauce while cooking.

Cut bread rolls in half, butter. Place a lettuce leaf on each half, top with drained pineapple slice, then cooked meat patties; spoon over a little of the Chinese Sauce.

**Serves 4.**

## CHINESE SAUCE

$\frac{1}{3}$  cup fruit chutney  
 1 tablespoon soy sauce  
 1 tablespoon tomato sauce

1 tablespoon vinegar  
 1 tablespoon dry sherry

Sieve fruit chutney into bowl, add remaining ingredients; mix well.

## SAVORY LEG CHOPS



## SAVORY LEG CHOPS

4 lamb chump or forequarter  
chops  
flour  
60 g (2 oz.) butter  
salt, pepper  
2 tablespoons brown sugar  
½ teaspoon curry powder

1 tablespoon flour, extra  
½ teaspoon dry mustard  
½ teaspoon ground ginger  
2 tablespoons white vinegar  
¼ cup tomato sauce  
½ cup water

Trim excess fat from chops, toss chops in flour seasoned with salt and pepper. Heat butter in pan, add chops, brown well on both sides, remove chops from pan. Drain off excess fat from pan, leaving approximately 2 tablespoons fat in pan. Add flour, stir until combined, remove pan from heat. Add water, tomato sauce, curry powder, brown sugar, mustard, ginger, vinegar, salt and pepper, stir until combined. Return pan to heat, stir until sauce boils and thickens. Return chops to pan, reduce heat, simmer covered 1 hour or until chops are tender.

**Serves 2 or 4.**



## SAUSAGE CAKES WITH MUSHROOM SAUCE



## SAUSAGE CAKES WITH MUSHROOM SAUCE

- |                              |                        |
|------------------------------|------------------------|
| 1 large onion                | ½ teaspoon oregano     |
| 1 clove garlic               | ½ teaspoon thyme       |
| 500 g (1 lb.) sausage mince  | ½ teaspoon mixed herbs |
| 1 tablespoon chopped parsley | 30 g (1 oz.) butter    |
| 2 eggs                       |                        |

Combine sausage mince, peeled and finely-chopped onion, crushed garlic, parsley, eggs, oregano, thyme and mixed herbs; mix well. Season with salt and pepper.

Drop tablespoons of mixture into hot butter, cook until golden brown on each side and cooked through. Remove from pan, keep warm.

Serve with Mushroom Sauce.

**Serves 4.**

### MUSHROOM SAUCE

- |                        |                              |
|------------------------|------------------------------|
| 30 g (1 oz.) butter    | 1 tablespoon chopped parsley |
| 60 g (2 oz.) mushrooms | 2 teaspoons soy sauce        |
| 2 tomatoes             | 1 teaspoon vinegar           |
| 1½ tablespoons flour   | 1 cup water                  |
|                        | salt, pepper                 |

Melt butter in pan, add sliced mushrooms, saute until soft. Add flour, stir until combined, remove pan from heat. Add water, peeled and chopped tomatoes, vinegar, and soy sauce, stir until combined. Return pan to heat, stir until sauce boils and thickens. Add parsley, season with salt and pepper. Simmer sauce, uncovered, 2 minutes.

## FISH AND POTATO PIE



## FISH AND POTATO PIE

750 g (1½ lb.) thick fish fillets  
 2 large carrots  
 60 g (2 oz.) butter  
 1 large onion  
 3 tablespoons flour  
 2 teaspoons curry powder

salt, pepper  
 1 tablespoon chopped parsley  
 750 g (1½ lb.) potatoes  
 ¼ cup milk, approx.  
 1 egg-yolk

Place fish in saucepan, cover with water. Bring to boil, covered, reduce heat, simmer very gently 10 minutes or until fish is just tender. Remove fish from pan. Add peeled and sliced carrots to fish stock, cover, bring to boil. Reduce heat, simmer 10 minutes or until tender. Drain carrots, reserve stock.

Heat butter in pan, add peeled and finely-chopped onion, saute until transparent. Add flour and curry powder, stir over low heat 2 minutes. Remove pan from heat, add 2 cups of the reserved stock, stir until combined. Return to heat, stir until sauce boils and thickens. Add carrots, season with salt and pepper; simmer gently 5 minutes. Remove skin and bones from fish, break into large pieces, carefully fold into sauce with parsley. Pour into deep 20 cm (8 in.) pie dish.

Peel potatoes, cut into quarters, place in saucepan of salted water. Cook until tender; drain. Mash potatoes well, add milk, beat until light and fluffy, season with salt and pepper. Carefully spread potato over fish filling. Brush top with egg-yolk mixed with a little water. Bake in moderate oven 20 minutes or until heated through and golden on top.

**Serves 4.**



## CURRIED BEEF



## CURRIED BEEF

750 g (1½ lb.) gravy beef  
 2 tablespoons flour  
 3 teaspoons curry powder  
 1 onion  
 3 tablespoons oil

1½ cups water  
 1 teaspoon salt  
 1 teaspoon sugar  
 1 teaspoon vinegar

Trim any excess fat from meat, cut meat into 2.5 cm (1 in.) cubes, toss in combined flour and curry powder.

Heat oil in pan, add meat, cook until well browned. Add peeled and chopped onion, cook further 3 minutes. Add water, salt, sugar, and vinegar, stir well. Bring to boil, reduce heat, simmer, covered, 2 hours or until meat is tender.

Serve with hot rice.

**Serves 4.**

## SWEET CURRY

500 g (1 lb.) minced steak  
 2 onions  
 1 large cooking apple  
 30 g (1 oz.) butter  
 1 tablespoon curry powder

1 tablespoon flour  
 1 cup water  
 2 chicken stock cubes  
 1 tablespoon chutney  
 ¼ cup sultanas

Peel and chop onions and apple. Cook steak in saucepan with onions until meat is well browned, stirring occasionally; pour off surplus fat. Melt butter in another saucepan; add apple, cook until golden brown. Add flour and curry powder, stir over low heat a few minutes; gradually add water, stir until liquid boils and thickens; add crumbled stock cubes. Reduce heat, stir in chutney and sultanas, add steak, cook further 15 minutes. Serve with hot boiled rice, garnish with lemon wedges.

**Serves 4.**

## LAMB'S FRY IN RICH SAUCE



## LAMB'S FRY IN RICH SAUCE

1 lamb's fry  
1 onion  
 $\frac{1}{3}$  cup cornflour  
salt, pepper

3 tablespoons oil  
4 tablespoons tomato sauce  
3 teaspoons soy sauce  
2 cups water

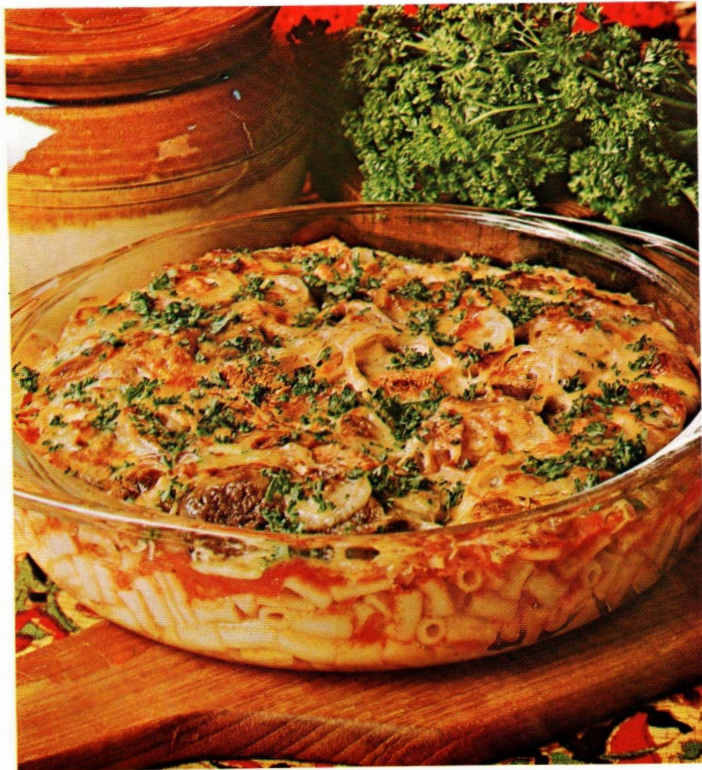
Peel and chop onion. Remove skin from lamb's fry. Cut fry into slices 5 mm ( $\frac{1}{4}$  in.) thick, roll in cornflour seasoned with salt and pepper.

Heat oil in saucepan, add meat, saute 3 to 4 minutes until cooked. Remove from pan, keep warm. Add onion to remaining oil in pan, saute until pale golden. Remove from heat, stir in remaining cornflour, gradually add combined tomato sauce, soy sauce and water. Return to heat, stir until mixture boils and thickens; reduce heat, simmer covered, 5 minutes. Add meat, heat through gently. Serve with mashed potato or hot rice.

**Serves 2 to 3.**



## CONTINENTAL LAMB CHOPS



## CONTINENTAL LAMB CHOPS

4 lamb chump or leg chops  
 flour  
 2 onions  
 30 g (1 oz.) butter  
 470 g (15 oz.) can whole  
 tomatoes

1 teaspoon soy sauce  
 1 cup small macaroni  
 60 g (2 oz.) cheddar cheese  
 salt, pepper  
 chopped parsley

Trim any excess fat from chops. Toss chops in flour seasoned with salt and pepper. Melt butter in pan, add chops and peeled and sliced onions, cook until chops are well browned. Remove from pan, drain.

Place macaroni in large saucepan of boiling salted water. Boil, uncovered 10 to 12 minutes; drain, place in greased ovenproof dish. Combine crushed tomatoes and liquid from can with soy sauce; pour over macaroni. Top with chops and onions, sprinkle with grated cheese.

Bake, covered, in moderate oven 30 to 40 minutes or until meat is tender; sprinkle with parsley.

**Serves 4.**

## CORN AND TUNA PIE



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## PIE SHELL

750 g (1½ lb.) potatoes  
2 tablespoons milk

30 g (1 oz.) butter  
1 egg

Cook potatoes in salted water until tender, drain. Mash with milk and butter until smooth. Add egg, mix well. Line greased 23 cm (9 in.) pie dish with potato mixture.

Bake in hot oven 10 minutes.

## FILLING

235 g (7½ oz.) can chunk  
style tuna

2 tablespoons flour  
½ cup water, approx.

⅓ cup canned whole kernel  
corn

1 tablespoon lemon juice

30 g (1 oz.) butter

1 tablespoon chopped parsley

30 g (1 oz.) cheese

1 egg

Drain tuna, reserving liquid; break into chunks, place in cooked potato shell with drained corn (reserve ½ cup liquid from corn).

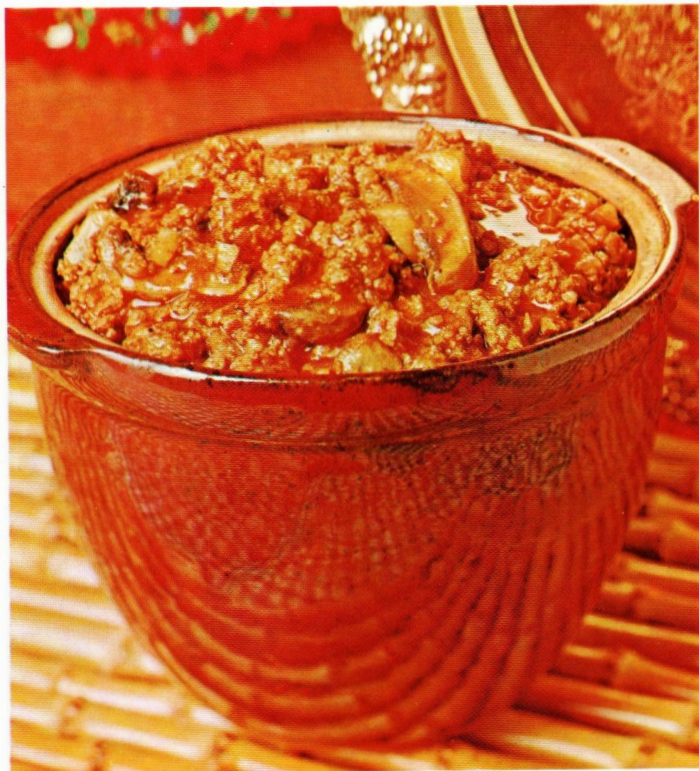
Melt butter in saucepan, stir in flour; cook 2 minutes, stirring constantly. Remove from heat, gradually add combined liquid from tuna, reserved liquid from corn, lemon juice and enough water to make up to 1¼ cups. Stir until mixture boils and thickens; stir in beaten egg and parsley, pour over tuna, top with grated cheese.

Bake in moderate oven 25 to 30 minutes.

**Serves 4 to 6.**



## PAPRIKA BEEF



## PAPRIKA BEEF

- |                                |                        |
|--------------------------------|------------------------|
| 750 g (1½ lb.) minced steak    | 2 chicken stock cubes  |
| 3 medium onions                | 1 bayleaf              |
| 125 g (4 oz.) mushrooms        | 1 tablespoon paprika   |
| 155 g (5 oz.) can tomato paste | ½ teaspoon mixed herbs |
| 2 cups water                   | salt, pepper           |

Place minced steak in saucepan, stir until it browns lightly. Add peeled and chopped onions and sliced mushrooms; cook, stirring, 5 minutes. Pour off any excess fat. Add all remaining ingredients, blend well. Bring to boil, cover, reduce heat, simmer 20 to 30 minutes.

Remove bayleaf before serving. Serve with hot rice or mashed potatoes.

**Serves 4.**

## HOT STEAK SAUCE FOR SPAGHETTI

- |                                |                            |
|--------------------------------|----------------------------|
| 250 g (8 oz.) minced steak     | 1 onion                    |
| ¾ cup dry red wine             | ¼ teaspoon thyme           |
| 155 g (5 oz.) can tomato paste | salt, pepper               |
| 1 cup stock or water           | 250 g (8 oz.) spaghetti or |
| 2 tablespoons oil              | noodles                    |

Heat oil in pan, add finely-chopped onion; brown lightly. Add minced steak; cook, stirring, until well browned. Pour off surplus fat. Add salt, pepper, thyme, wine, tomato paste, and stock. Cook over low heat 45 minutes, stirring occasionally; add a little extra stock, if necessary. Drop spaghetti into large saucepan of boiling salted water; cook 10 to 12 minutes or until spaghetti is tender; drain well. Pour sauce over the hot spaghetti. Serve grated parmesan cheese separately.

**Serves 4.**

## CUTLETS CACCIATORE



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8 lean lamb cutlets

Grill cutlets until golden brown and cook through, approximately 10 minutes. Spoon Cacciatore Sauce over cutlets. Serve with hot rice.

## CACCIATORE SAUCE

470 g (15 oz.) can whole tomatoes	1 bayleaf
1 small onion	½ teaspoon mixed herbs
1 tablespoon chopped parsley	½ cup water
1 clove garlic	2 teaspoons cornflour
30 g (1 oz.) mushrooms	1 chicken stock cube
	salt, pepper

Place tomatoes and their liquid into pan, mash tomatoes with potato masher. Add peeled and finely-chopped onion, parsley, crushed garlic, sliced mushrooms, bayleaf, mixed herbs, crumbled stock cube, salt and pepper. Blend water and cornflour, add to pan, stir until sauce boils; reduce heat, simmer, uncovered, 10 minutes, stirring occasionally.



# **RABBIT IN RED WINE**



## **RABBIT IN RED WINE**

1 rabbit  
flour  
30 g (1 oz.) butter  
2 tablespoons oil  
60 g (2 oz.) bacon pieces  
1 large onion  
1 red pepper  
1½ tablespoons flour

2 teaspoons worcestershire  
sauce  
¾ cup water  
¾ cup red wine  
250 g (7¾ oz.) can sliced  
mushrooms-in-butter-sauce  
salt, pepper

Cover rabbit with water, refrigerate overnight. Wipe rabbit dry, cut into serving-size pieces, toss in flour which has been seasoned with salt and pepper.

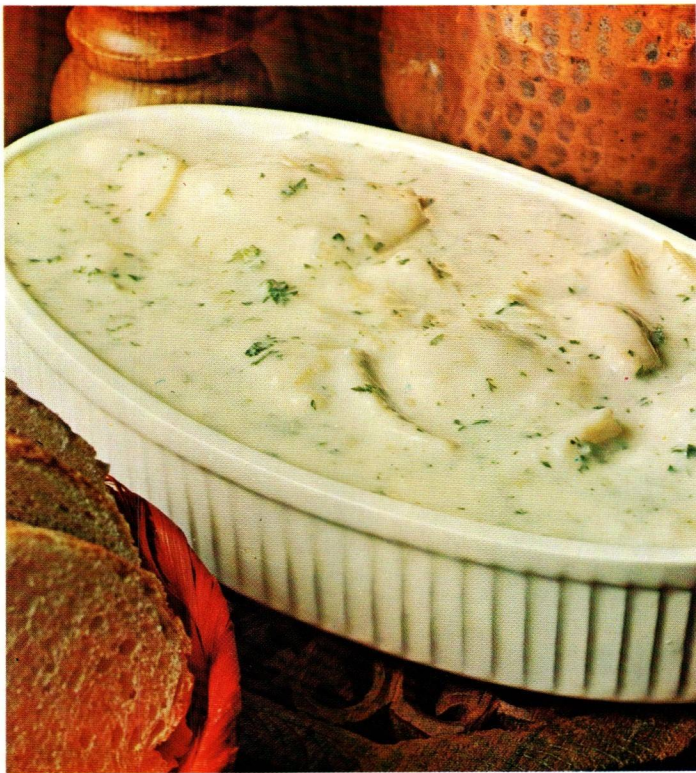
Heat butter and oil in frypan, add rabbit pieces and chopped bacon, cook until rabbit is golden brown, remove rabbit and bacon from pan. Add peeled and sliced onion, and seeded and sliced pepper to pan; saute until onion is transparent. Add flour, salt and pepper, stir over low heat 2 minutes; remove from heat.

Gradually add water, wine and worcestershire sauce; mix well. Return to heat, stir until sauce boils and thickens, add undrained mushrooms; mix well.

Place rabbit pieces and bacon in ovenproof dish, pour sauce over. Bake, covered, in moderate oven 2 hours or until rabbit is tender.

**Serves 4.**

## TRIPE IN PARSLEY SAUCE



## TRIPE IN PARSLEY SAUCE

1 kg (2 lb.) tripe  
1 teaspoon lemon juice or  
vinegar  
60 g (2 oz.) butter  
2 onions

4 tablespoons flour  
1 cup milk  
1/3 cup chopped parsley  
salt, pepper

Place tripe in large saucepan with enough cold water to cover, add lemon juice. Bring to boil, reduce heat, simmer 5 minutes; drain well. Cut blanched tripe into strips about 6 cm (2½ in.) long by 2 cm (¾ in.) wide; place in saucepan with sufficient cold water to cover. Bring to boil, skim well; reduce heat, cover, simmer approximately 1½ hours or until tender. Drain, reserving 1¼ cups stock.

Melt butter in saucepan, add peeled and chopped onions, cook until transparent. Stir in flour, cook 1 minute. Remove from heat, gradually add reserved stock and milk. Return to heat, stir until sauce boils and thickens; reduce heat, simmer 5 minutes. Add tripe and chopped parsley; heat through. Season with salt and pepper.

**Serves 4.**



## POTATO-CRUMBED PATTIES



## POTATO-CRUMBED PATTIES

500 g (1 lb.) sausage mince  
1 onion  
1 tablespoon soy sauce  
1 tablespoon tomato sauce  
2 teaspoons curry powder  
1 tablespoon butter

4 medium potatoes  
1 egg-yolk  
1 egg, extra  
2 tablespoons milk  
2 cups fresh breadcrumbs  
oil for deep-frying

Combine sausage mince, peeled and chopped onion, soy sauce, tomato sauce and curry powder; mix well. Shape into 12 patties. Saute patties in butter until golden brown on both sides; drain and cool.

Cook potatoes in boiling, salted water until tender. Drain and mash well; mix in egg-yolk, allow to cool. Spread patties with layer of mashed potato. Dip in combined beaten egg and milk, coat with breadcrumbs, pat on to firm. Deep fry until golden brown. Serve with vegetables or salad.

**Serves 4.**

## TUNA A LA KING



## TUNA A LA KING

60 g (2 oz.) small mushrooms  
 1 small green pepper  
 90 g (3 oz.) butter  
 1½ cups water  
 ¼ cup flour

2 chicken stock cubes  
 salt, pepper  
 ½ cup cream  
 220 g (7 oz.) can tuna

Slice mushrooms thinly. Remove seeds, dice green pepper. Melt butter in pan, add mushrooms and green pepper, saute gently, 2 to 3 minutes. Remove from pan. Add flour to pan drippings, cook 1 minute. Remove from heat, gradually add water, add crumbled stock cubes. Return to heat, stir until sauce boils and thickens. Season with salt and pepper.

Add cream, drained tuna and vegetables; heat through gently. Serve with hot rice.

**Serves 4.**

## PORK SAUSAGES WITH ONION GRAVY

750 g (1½ lb.) thick pork  
 sausages  
 1 tablespoon oil  
 2 large onions  
 3 tablespoons flour  
 2½ cups water

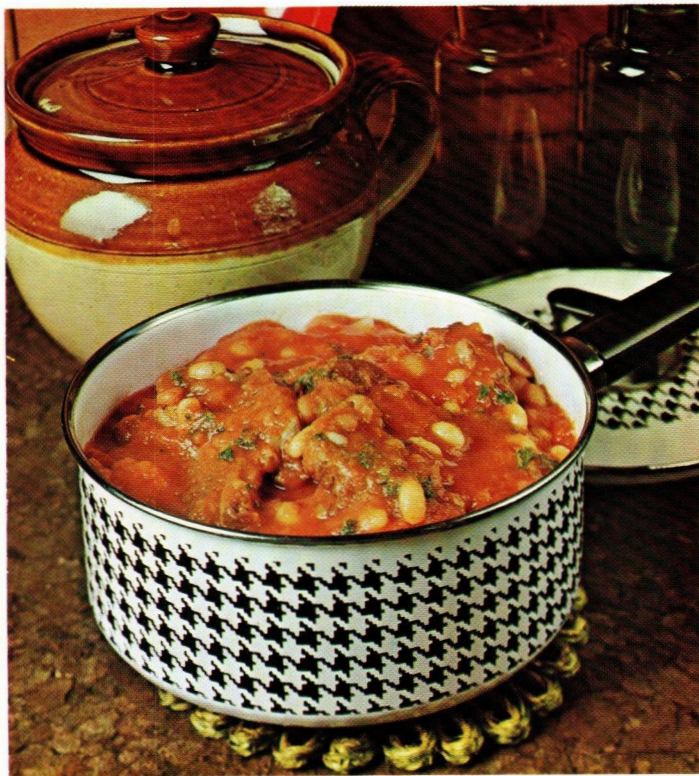
2 beef stock cubes  
 2 tablespoons tomato sauce  
 ½ teaspoon worcestershire  
 sauce  
 salt, pepper

Heat oil in pan, add sausages, cook gently until dark golden brown; remove from pan. Add peeled and chopped onions to pan, cook until golden brown. Add flour, stir until golden brown, remove pan from heat. Add water, stir until combined. Return pan to heat, stir until sauce boils and thickens. Add crumbled stock cubes, tomato sauce, worcestershire sauce, salt and pepper, stir until combined, reduce heat, add sausages, cover and simmer gently 30 minutes.

**Serves 4.**



## LAMB CHOPS WITH HARICOT BEANS



## LAMB CHOPS WITH HARICOT BEANS

750 g (1½ lb.) lamb neck  
chops  
90 g (3 oz.) butter  
125 g (4 oz.) haricot beans  
1 medium onion

1 large carrot  
1 stick celery  
2½ cups water  
4 tablespoons tomato paste  
salt, pepper

Remove any excess fat from chops. Heat butter in pan, add chops, saute until golden brown on both sides. Remove from pan; drain.

Wash beans well, combine in saucepan with peeled and chopped onion, peeled and diced carrot, diced celery and chops. Add water, cover, bring to boil, reduce heat, simmer 1¾ hours, adding more water, if necessary.

Stir in tomato paste, season with salt and pepper; cook further 5 minutes.

**Serves 4.**

## GARLIC SAUSAGE

125 g (4 oz.) lean bacon  
pieces  
250 g (8 oz.) minced steak  
375 g (12 oz.) sausage mince  
2 cloves crushed garlic

2 eggs  
2 cups fresh breadcrumbs  
1 teaspoon salt  
¼ teaspoon pepper

Finely chop bacon pieces, combine with lightly beaten eggs and remaining ingredients, mix well. Form mixture into thick sausage roll, approximately 20 cm (8 in.) long. Tie firmly in well-floured pudding cloth. Lower carefully into saucepan of boiling water, making sure sausage is well covered. Boil steadily, covered, 2½ hours. Remove from water, drain, and leave in cloth to cool. Refrigerate several hours or overnight. Remove cloth.

**Makes about 1 kg (2 lb.) sausage.**

## DEVILLED KIDNEYS



8 lamb's kidneys  
90 g (3 oz.) butter  
1 small onion  
1 clove garlic  
salt, pepper

1 tablespoon worcestershire  
sauce  
1 tablespoon dry sherry  
¼ cup finely-chopped parsley

Wash kidneys, remove skin, fat and hard core; slice kidneys in half. Melt butter in saucepan, add finely-chopped onion, crushed garlic, salt and pepper. Saute until onion is tender. Add kidneys, cook quickly on both sides. Add worcestershire sauce, sherry and parsley to pan, mix well.

Serve on slices of hot buttered toast.

**Serves 4.**

## MEAT-VEGETABLE RISsoles

1 cup finely-chopped left-over  
vegetables  
1 cup left-over chopped meat  
½ cup fresh breadcrumbs  
1 cup barley  
flour

1 egg  
¼ cup milk  
salt, pepper  
packaged dry breadcrumbs  
oil for frying

Chop meat very finely. Put barley in saucepan, just cover with water. Bring to boil, boil 30 minutes or until tender; drain. (Or cooked rice can be used). Combine barley, meat, vegetables, breadcrumbs, salt and pepper. Form into small rissole shapes, coat lightly with flour, then combined beaten egg and milk; coat firmly with breadcrumbs. Heat oil in pan, fry rissoles until golden brown on both sides.



## TUNA CASSEROLE



## TUNA CASSEROLE

$\frac{2}{3}$  cup rice  
 60 g (2 oz.) butter  
 1 onion  
 3 tablespoons flour  
 1 cup milk  
 1 cup water  
 1 chicken stock cube

salt, pepper  
 315 g (10 oz.) can whole  
 kernel corn  
 200 g (6½ oz.) can tuna  
 $\frac{1}{4}$  cup lemon juice  
 $\frac{1}{4}$  cup chopped parsley

Cook rice in large saucepan of boiling, salted water, uncovered, 12 minutes or until tender; drain. Heat butter in saucepan, add peeled and finely-chopped onion, saute 5 minutes. Add flour, cook 1 minute. Gradually blend in milk and water; add crumbled stock cube. Stir until sauce boils and thickens. Season with salt and pepper.

Add drained corn, drained tuna, lemon juice, parsley and cooked rice. Pour into greased ovenproof dish.

Bake in moderate oven 30 minutes.

**Serves 4.**

## BAKED SAUSAGE LOAF



## BAKED SAUSAGE LOAF

2 onions	½ teaspoon mixed herbs
2 small carrots	salt, pepper
2 tablespoons chopped parsley	750 g (1½ lb.) sausage mince
⅓ cup tomato sauce	1 cup boiling water
1 cup fresh breadcrumbs	1 beef stock cube

Combine finely-chopped onions, grated carrots, parsley, tomato sauce, breadcrumbs, herbs, salt and pepper; mix well.

Place sausage mince on wet surface, press into rectangular shape 5 mm (¼ in.) thick. Spread evenly with filling, leaving 3 edges with 1 cm (½ in.) border. Moisten edges with water, roll carefully as for swiss roll. Place in greased baking dish with join underneath. Pour over water in which stock cube has been dissolved. Bake, uncovered, in moderate oven 1 hour.

Serve hot, with gravy made from pan drippings, or cold, with salad.

**Serves 4.**

## SPINACH PANCAKES

**1 small bunch spinach, salt, pepper, 1 teaspoon grated lemon rind, 250 g (8 oz.) carton cottage cheese, 90 g (3 oz.) cheddar cheese, pinch nutmeg, 60 g (2 oz.) butter 1egg, ¼ cup milk, packaged dry breadcrumbs, 6 pancakes (see Card G14).**

Chop spinach into large pieces, remove white stalks. Wash spinach; place in pan with the water that clings to the leaves, cover, bring to boil, reduce heat, simmer gently 5 minutes. Place spinach in bowl, add lemon rind, cottage cheese, grated cheddar cheese, and nutmeg; mix well. Season with salt and pepper. Divide spinach mixture evenly on to centre of each pancake. Fold into envelope shape, brushing edges with remaining pancake batter. Dip pancakes into combined egg and milk, then into dry breadcrumbs, coating all sides well. Heat butter in pan, add pancakes, cook on both sides until golden brown.

**Serves 6 as an entree.**



## CURRIED ONION CHOPS



## CURRIED ONION CHOPS

750 g (1½ lb.) lamb neck  
chops  
45 g (1½ oz.) butter  
1 onion  
1 apple  
2 tablespoons flour  
2 teaspoons curry powder

salt, pepper  
½ teaspoon dry mustard  
2 chicken stock cubes  
2 cups boiling water  
2 teaspoons worcestershire  
sauce

Trim excess fat from chops, saute chops in hot butter until golden brown, remove from pan.

Peel and chop onion and apple finely, add to pan, saute until onion is transparent. Remove from pan, drain. Add flour, curry powder, salt, pepper and mustard to pan, cook 3 minutes.

Dissolve chicken stock cubes in boiling water, add worcestershire sauce, add to flour mixture, stirring continually. Stir until sauce boils and thickens, reduce heat, simmer 3 minutes.

Return chops, onion and apple to sauce, cover, simmer 1 hour or until chops are tender.

**Serves 4.**

## TOMATO MEATBALLS



## TOMATO MEATBALLS

750 g (1½ lb.) minced steak  
salt, pepper  
1 egg  
½ cup packaged dry  
  breadcrumbs  
1 teaspoon worcestershire  
  sauce  
1 onion  
flour

3 tablespoons oil  
4 small onions, extra  
2 carrots  
500 g (1 lb.) potatoes  
470 g (15 oz.) can condensed  
  tomato soup  
1 beef stock cube  
⅔ cup water

Combine meat, salt, pepper, lightly-beaten egg, breadcrumbs, worcestershire sauce and one peeled and chopped onion, mix well. Form into 12 meatballs, roll lightly in flour.

Heat oil in pan, gently brown extra peeled whole onions and meatballs. Remove from pan; drain. Place meatballs and onions in large saucepan; add peeled and sliced carrots, undiluted tomato soup, crumbled stock cube and water; season with salt and pepper. Bring to boil, reduce heat, simmer gently, uncovered, 25 minutes.

Meanwhile, cook peeled and quartered potatoes in salted water until tender; drain. Add potatoes to meatball mixture, cook further 5 to 10 minutes.

**Serves 4.**



## CURRIED SAUSAGES



## CURRIED SAUSAGES

1 kg (2 lb.) thick pork or beef  
sausages

1 teaspoon salt

3 tablespoons vinegar

60 g (2 oz.) butter

2 onions

1 green apple

1½ tablespoons curry powder  
salt, pepper

¼ teaspoon mixed herbs

2½ cups water

2 chicken stock cubes

2 tablespoons flour

¼ cup water, extra

Place sausages in saucepan, cover with cold water, add salt and vinegar. Cover, bring to boil, reduce heat, simmer gently 10 minutes; drain.

Melt butter in frypan, saute peeled and finely-chopped onions and apple 5 minutes. Add curry powder, salt, pepper and mixed herbs, stir over heat 3 minutes. Add water and crumbled stock cubes, bring to boil.

Remove skins from sausages, add sausages to curry, reduce heat, simmer 10 minutes. Blend flour and extra water, add to curry, stir until sauce boils and thickens.

Serve with hot rice.

**Serves 4 to 6.**

## MEATLOAF WITH BROWN SAUCE



## MEATLOAF WITH BROWN SAUCE

500 g (1 lb.) minced steak	1 egg
500 g (1 lb.) sausage mince	1 cup fresh breadcrumbs
1 rasher bacon	salt, pepper
1 onion	2 tablespoons tomato sauce

Combine minced steak, sausage mince, chopped bacon, peeled and chopped onion, egg, breadcrumbs, salt and pepper. Mix thoroughly with electric mixer or wooden spoon until ingredients are well combined.

Press into 20 cm x 10 cm (8 in. x 4 in.) loaf tin. Spread tomato sauce over loaf. Bake in moderately slow oven 1¼ hours.

Serve hot, with Brown Sauce, or cold, with salad.

**Serves 4.**

### BROWN SAUCE

60 g (2 oz.) butter	2 chicken stock cubes
¼ cup flour	⅓ cup cream
1½ cups hot water	salt, pepper

Melt butter in pan, stir in flour, cook until brown, stirring constantly; do not allow flour to burn. Remove from heat, gradually add hot water, add crumbled stock cubes, blend well. Return to heat, stir until sauce boils and thickens. Stir in cream, salt and pepper. Reheat gently.

**Serves 4.**

**Crusty Meat Loaf Slices:** Any remaining meat loaf can be cut into slices and prepared as follows for breakfast or lunch the following day: Dip slices of meat loaf into evaporated milk, then into breadcrumbs; pat each slice to firm breadcrumbs. Heat oil, fry each slice on either side until golden brown, drain well.